

# November

Purple: Homewood Blue: Mokena Green: Virtual

Monday

Tuesday

Wednesday

Thursday

Friday



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<p><b>4</b> 9-9:45a: Zumba Toning w/Lori 11-12p: Zumba Gold 12-1p: Knit &amp; Crochet Group 1:30-3p: Art Therapy 4-4:45: Get Moving, Get Fit 4:30-5:30p: Tween Art Meetup</p>	<p><b>5</b> 10:30-12p: Clean Living; Chemical Free 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-3:30p: Art Therapy 5-6p: LGBTQ+ Networking Group</p>	<p><b>6</b> 11-12p: Zumba Gold 12-1:30p: Healthy Lifestyle 1-2:30p: Art Open Studio 2-3:30p: Knit &amp; Crochet Group 2:30-3:30p: Gentle Yoga 5-6p: Metastatic Breast Cancer Networking 6-7:30p: Breast Cancer Networking</p>	<p><b>7</b> All Day: Art Journaling 12:30-1:30p: Men's Discussion Group 2:30-4p: Healthy Lifestyle 2-3:30p: Mexican Fiesta: Chile Rellenos 4-4:45p: Get Moving, Get Fit 5-6p: Bereavement Group</p>	8
<p><b>11</b> 9-9:45a: Zumba Toning w/Lori 11-12p: Zumba Gold 12-1p: Colorectal Cancers Group 12-1p: Knit &amp; Crochet Group 1:30-3p: Art Therapy 4-4:45: Get Moving, Get Fit</p>	<p><b>12</b> 9:30-10:15a: Tibetan Bowls 12-1:30p: Reduce Inflammation 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-2:45p: Moves that Matter 2-3:30p: Art Therapy 5-6p: Young Adult Networking Group</p>	<p><b>13</b> 10:30-11:45a: Reduce Inflammation 11-12p: Zumba Gold 1-2:30p: Art Open Studio 2-3:30p: Knit &amp; Crochet Group 2:30-3:30p: Gentle Yoga</p>	<p><b>14</b> All Day: Art Journaling 10:30-12p: Healthy &amp; Homemade w/Gwen Holiday Cooking 12-1p: Soundbath 12:30-1:30p: Men's Discussion Group 4-4:45p: Get Moving, Get Fit 6-7:30p: Brain Tumor Networking</p>	15 11-12p: Pelvic Floor PT
<p><b>18</b> 9-9:45a: Zumba Toning 11-12p: Zumba Gold 12-1p: Knit &amp; Crochet Group 12:30-1:15p: Corrective Exercise 1:30-3p: Art Therapy 2-3p: Cancer Support Group 4-4:45: Get Moving, Get Fit 4-5p: Grieving Through the Holidays</p>	<p><b>19</b> 10:30a-12p: Cooking w/Chef Marcia; Best Winter Dinners for Entertaining 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-2:45p: Moves that Matter 2-3:30p: Art Therapy 5-6p: Blood Cancers Networking</p>	<p><b>20</b> 11-12p: Zumba Gold 12-1p Gynecological Cancer Networking 12-4p: STAFF DEVELOPMENT BOTH LOCATIONS CLOSED 3-4p: Lung Cancer and Rehab 3-4p: Journeying Inward 6-7p: Sistas of Hope</p>	<p><b>21</b> All Day: Art Journaling 12-1p: Sound Bath 12:30-1:30p: Men's Discussion Group 4-4:45: Get Moving, Get Fit 5-6p: Bereavement Group</p>	22
<p><b>25</b> 9-9:45a: Zumba Toning 11-12p: Zumba Gold 12-1p: Knit &amp; Crochet Group 12-1p: Gentle Chair Yoga 1-1:30p: Meditation 1:30-3p: Art Therapy 4-4:45: Get Moving, Get Fit 4-5 p: Head and Neck Cancers Networking</p>	<p><b>26</b> 9:30-10:15a: Tibetan Bowls 11-12p: Gentle Floor Yoga Nidra w/ Karen 12-1p: Cancer Support and Networking 2-2:45p: Moves that Matter 2-3:30p: Art Therapy</p>	<p><b>27</b> 11-12p: Zumba Gold 12-1p: Lung Cancer Networking Group 12:30-2p: Art Open Studio 2-3:30p: Knit and Crochet Group 2:30-3:30p: Gentle Yoga with Marcela</p>	<p><b>28</b></p> <p style="text-align: center;">CSC LOCATIONS CLOSED</p> <p style="text-align: center;">→</p>	29